



The best activities guide around!

JANUARY 2011



Texas Hold'em Tournament – 15th
Nichibei Friendship Tournament – 18th
Newcomers Orientation – 19th
Community Night – 21st
Mayoral / Deputy Mayoral Election – 21st

“See the Bugle for the advertisement”.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

| <http://www.mwrjapan.jp.pac.army.mil/news/> • Z A M A B U G L E , J A N U A R Y 1 , 2 0 1 1



The U.S. Army Garrison, Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

ZAMA Community BUGLE

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THIS MONTH'S COVER

The Camp Zama Arts and Crafts Center has a state-of-the-art variety of equipment for framing your art and photo keepsakes. There is a large number of frame stock pieces and matt board colors to choose from, equipment to cut the frame stock, to cut the matt boards and to cut the glass to size. A computer controlled matt cutter can perfectly cut one opening or multiple openings, and a matt cutter, as you can see being used in the photograph on the cover of this issue. Yoshinori Kuriki, the Center's Hobby Craft Instructor, is assisting SGT Craig Palmer of A Co 78th AVN in cutting a matt for his ink drawing to be mounted and framed. Visit the Crafts Center and ask Kuriki-san for instructions on the use of the equipment. Basic classes are held at 5 pm on the 2nd and 4th Thursdays, and advanced and refresher classes are available by appointment. The classes are \$10. Please see the center page for more information.

Photo by Mr. Richard Haun.



“See the Bugle for the advertisement”.

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Saturday,
1 January, the
Zama Youth
Center will be
closed, and also
on Monday, 17
January, it will be
closed for Martin
Luther King's
birthday.

■ Child, Youth and School Services

• 263-4500 www.zamayouthcenter.org

HOURS OF OPERATION

Monday - Thursday	1430 - 2000
Friday	1430 - 2200
Saturday	1300 - 2200
Sunday and Holidays	Closed

* Hours may change due to scheduled programs.

YOUTH CENTER

• "6th Grade Happening"

Friday, 21 January, 7 - 10 pm. Start your Christmas break with a "6th Grade Happening" at the Zama Youth Center. Cost is \$2. Transportation is provided. Buses depart from the front of the SHA Commissary at 6:30

pm and the Atsugi Theater at 6:15 pm to the youth center. Come out and enjoy a night of fun, food and lots of entertainment.

• Parent Advisory Committee Meeting (PAC)

Thursday, 20 January, our monthly PAC meeting for the Zama Youth Center will start at 5:30 pm. We believe you're an important part in helping us with your input regarding youth center programs plus establishing or changing youth center procedures or policies.

• U-Turn Program

This program is designed for youths to turn themselves around and get the help they need to graduate from high school and move on to higher education. It's up to U to turn yourself around. The teen center staff is here for U! Join us Tuesdays and Thursdays nights to form study



WebDev Mondays

Ever wonder how dynamic websites are made? Have an interest in expressing art through digital design? Join us every Monday in January as we revisit our WebDev Program. Learn real life professional skills. Programs start at 3 pm.



SKI & SNOWBOARDING

\$70

- Hakuba Goryu Ski Park (14 January)
- Hakuba 47 Ski Resort (28 January)

Enjoy an exciting day of skiing and snowboarding at Hakuba. The bus will depart the Zama Youth Center at 4 am and will return at 9 pm. The cost, \$70, includes free ski or snowboard rental, transportation and free instruction from a trained professional. You must go to Outdoor Recreation for free equipment rental seven (7) days prior to the trip. Sign up at Parent Central Services, Bldg 533, directly behind the PX.

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groups; work together with your classmates; get help from staff and other volunteers; tutor classmates; get S.A.T. tutoring / practice tests; use this time to work on scholarships and other financial aid applications. There will be a return bus to SHA for those youth who participate in the U-Turn Program.

TECH LAB (263-4500/8573)

• ZTN Tuesdays

Be part of your local youth news cast on Zama. We are a club that reports local news, upcoming events, and all things important to being a teen! Learn how to work an industry standard video camera, edit professional videos and news clips, direct, and write scripts. We meet every Tuesday at 3 pm in the computer lab and film every other Tuesday. Adult volunteers to help with script writing, editing, and filming are needed!

• Digital Arts Festival


(Movie Making)

Every year, the Camp Zama Youth Center hosts a Digital Arts Festival on behalf of the Boys and Girls Club of America. The Categories are Music Making, Movie Making,

T h e Z a m a Y o u t h C e n t e r

SAT Test Prep

Every Tuesday in January, 3 pm - Close



Did you know that another SAT date is approaching on Saturday, 22 January? Are you prepared? Want to study, but don't have the greatest resources? No worries, every Tuesday in January, your youth center will host dedicated SAT study hours beginning at 3 pm to close. We've got SAT prep software, books, and online access.


For more information, please phone 263-4500 or 263-8574


Photo Illustration, and Graphic Design. Join us every Wednesday in January as we get you ready for the Festival. This month, we will be focusing on Movie Making and Graphic Design and your work will have to be submitted by mid February. Winners may get a chance at winning a free trip back to the US to compete on the National level as well as cash prizes (location still to be determined).

• STRUT is Back (Students Recy-


cling Used Technology)

In this 2 day program, we will teach you how to build your own computer from a bare case and motherboard to installing an operating system, drivers and hardware. At the end of the program you will have your very own computer to take home, and have the satisfaction of knowing that it was built by none other than yourself! STRUT begins on Tuesday, 25 January, and ends on Wednesday, 26 January.





Are you between 15 - 18 years of age?
Do you want to have a job on base?
This is your opportunity!!!



HIRED! Apprenticeship Program is a study and work program for teens between 15 - 18 years of age. It consists of four 12-weeks terms repeated annually. Participants 15 - 18 years of age are able to participate in a maximum of two terms per year for three consecutive years. The HIRED Apprenticeship Program provides teens with meaningful, professional-managed career-exploration opportunities in MWR operations. The HIRED Apprenticeship Program offers valuable paid work experience and training to better equip each participant with the skills needed for the highly competitive job market. First term will be from 18 January, 2011. To find out more about this program and how to participate, contact Ms. Yelitza Marin-Guzman at 263-4500 or e-mail: yelitza.maringuzman@us.army.mil

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"CONGRATULATIONS"

2010 NEW YOUTH BOOK OF RECORD HOLDERS



Free Throws	Male	Yoshi Nicolas	19	03/18/10
	Female	Maia Brumage	4	07/15/10
3 Point Shoot Out	Male	Anthony James	13	03/18/10
	Female	Tyren Ward	4	06/17/10
Rubiks Cube	Male	Steven Dykstra	54.81 sec	03/18/10
	Female	Meagan Phillabaum	60.30 sec	03/18/10
Home Run Derby (Nintendo Wii)	Male	Skyler Gayhart	9	05/20/10
	Female	Maia Brumage	8	07/15/10
Hula Hoop Spins	Male	Keiyl Sasano	196	06/17/10
	Female	Tyren Ward	166	06/17/10
Pogo Stick Jumps	Male	Jacob Newhart	299	09/16/10
	Female	Yurie Tanaka	134	03/18/10



Tyren Ward made the record of 4 out of 20 3-Point Shoot Out and 166 Hula Hoop Spins in one minute during the Book of Records of June 2010. Congrats Tyren!!



Yoshinobu "Yoshi" Nicolas made a record of 19 free throws in March. Since then nobody has broken the record. Congrats Yoshi!!



Keiyl Sasano set the record of 196 Hula Hoop Spins in one minute during the July Book of Records. Congrats Keiyl!!



Anthony James "AJ" participated during our Book of Records in March 2010, making a record 13 out of 20 3-Point shots. He broke his own 2009 record and now he is the Ultimate Record Holder. Way to go AJ!!



Maia Brumage moved to Camp Zama during the month of July 2010 and participated in our Book of Records, making a record of 4 free throws in a row and 8 Wii Home Runs. She broke the 2009 female record for the Wii Home Run Derby and now she is the Ultimate Record Holder for females. Congrats Maia!!



Megan A. Phillabaum participated in the Rubiks Cube challenge during the Book of Records in March 2010. She set a new record of 1 minute 30 seconds, breaking the 2009 record of 2 minutes 8 seconds. Since March, no one had broken the record. She is now the new Ultimate Record Holder for females. We miss you Megan!! Congrats!

Skyler Gayhart set a new record for the Wii Home Run Derby during the May Book of Records. He made 9 Wii home runs. He broke the 2009 male record for the Wii Home Run Derby. We miss you Skyler!! Congrats!



Steven Dykstra participated in the Rubiks Cube challenge during the Book of Records in March 2010. He set a new record of 54.81 seconds, breaking the 2009 record of 1 minute 3 seconds. Since March, no one has broken his record. He is now the new Ultimate Record Holder for males. Way to go Steven!!



Jacob Newhart wanted to set a new record and he did it. During the Book of Records in September 2010, he made 299 consecutive jumps in one minute with the Pogo Stick. He is now the Ultimate Record Holder. Congrats Jacob!!

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■ Child Development Center • 263-4992 / 267-6348

ZAMA CHILD DEVELOPMENT CENTER, 263-4992

• Closed

- * Saturday, 1 January
- * Monday, 17 January (Martin Luther King's Birthday).
- * Friday, 14 January (In-service training).

• Bigz and Litz Activities

Friday, 7 January, 3:30 - 4:30 pm.

• Brown Bag Training for Parents

"Developmental stages for children birth to two years old".

Wednesday, 12 January, 11:30 am - 12:30 pm.

• PAC Meeting

Thursday, 20 January, 11:30 am - 12:30 pm

• Bigz and Lilz Activities

Friday, 28 January, 3:30 - 4:30 pm.

SHA CHILD DEVELOPMENT CENTER, 267-6348

• Closed

- * 14 January (CYSS Training)
- * 17 January (Martin Luther King, Jr Birthday)

• Crazy Hat Day

Wednesday, 5 January

• Brown Bag Discussions (Potty Training)

Thursday, 6 January, 11:30 am - 12:30 pm

• Hagoita Badminton

Friday, 7 January

• Free Infant Massage

Thursday, 13 January, 3:30 - 4:15 pm

• Opposite Day

Wednesday, 19 January

• Free Baby Gym

Thursday, 20 January, 3:30 - 4:15 pm

• PAC Meeting


Thursday, 20 January, 11 - 11:30 pm

• Community Night Out

Friday, 21 January


• Hot Cocoa and Pajama Day

Friday, 28 January



ZAMA Child Development Center

storytime



Tuesday,
4 and 18 January,
10 - 11 am, at
Zama Library.

For more information,
263-6348/6564

Some Photos from

Child Development Center



CDC outdoor play time



← CDC strolling time

The CDC staff appreciates taking care of your Family, and we look forward to serving you in 2011. The CDC staff wishes you a Happy New Year!



CDC Arts and Craft time



Youths learning about Fire Prevention

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Are you looking for a place where your children can join other children in a fun learning environment? Come join School Age Services Before and After school program.

REMEMBER: our SAS motto, "If its fun, we'll do it"!!!



■ School Age Services • 267-6013

••• SAS Program Hours •••

Half Day School	0530 - 0830 and 1200 - 1800
No School Day	0530 - 1800
Before / After Program Hours	0530 - 0830 and 1415 - 1800
Early Release	0530 - 0830 and 1130 - 1800
Zama Drop Off and Pick up Point	0700 - 0815 and 1715 - 1800

PROGRAM CHANGES

Changes for 6th graders attending SAS: this school year the cost will be free during afternoon hours. Why not participate in this great program?

PARENT'S ADVISORY COUNCIL (PAC) MEETING

Parents, this is a great opportunity

for you to provide input, answer questions and share your concerns. We meet in Bldg 337, 4:45 pm. The next Parent Advisory Council meeting is scheduled for 21 January. There are many newcomers in our community and we would like to extend a special invitation for you to attend. Child care is provided.

••• SAS JANUARY EVENTS •••

Theme: GOAL SETTING • Character Counts: FAIRNESS

• Mandatory Training	Friday	14	Closed
• Federal Holiday (Martin Luther King)	Monday	17	Closed
• Compliment Day	Monday	24	
• Parent Advisory Meeting	Friday	21	1645 - 1730
• <u>F</u> untastic Adventure Day Tokyo Fire Museum	Friday	28	0900 - 1630

SAS PROGRAMS OFFERED

School Age Services (SAS) offers care for Before and After School with options for before school only or after school only.

- Full day care on school out days
- Winter/Spring/Summer Camps
- Funtastic Adventure for a No School Day
- Half a day escapade for a Half Day School
- International Outreach Full Day Program
- Super Saturday Program
- Creative play-Occasional Hourly Care



"Funtastic Adventure Day": School Age Services will provide a day of adventure for your children on school out days from 8 am - 5 pm.

"Half a Day Escapade": School Age Services will provide care for your children on early release days from 11:15 am - 6 pm.

"International Outreach Full Day Program" This program is designed for SOFA status children attending Japanese schools. School Age Services will provide creative, fun activities, socialization time, and field trips during Japanese holidays and out of school breaks.

"Super-Saturdays": Free Open Recreation activities every fourth Saturday for the community from 1 - 5 pm. All events guarantee fun for your children.

"Creative Play" (occasional/hourly care): SAS will provide 5 hours of hourly care per week. Reservations must be made in advance. Cost is \$4 per hour, part time: \$16 (4 hours per day), daily: \$30 (4 hours or more).

- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.



To register your child or for more information, please stop by the Parent Central Services in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.

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■ Youth Sports and Fitness • 263-5437/4066

DODGEBALL

Games are every Saturday, 9 - 29 January, at the youth center.

OFFICIALS FORYOUTH SPORTS

Youth Sports and Fitness is always in need of qualified officials. If you are interested in officiating games for youth sports, please contact us at 263-5437.

REGISTRATION

Do you want to participate in a youth sports program or clinic? It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the PX). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please

ensure your child's sports physical is current before you register.

SPORTS PHYSICAL

AR 608-10 requires all youths participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the CYS Parent Central Services located in Bldg 533, Camp Zama. To help, PCS staff is making contact with Families 30 days prior to expiration of youth sports physicals to allow parents time to schedule a current youth sports physical. Please note that appointments at the BG Crawford R. Sams Clinic may be limited as a result of so many renewing their youth sports physical.

FOR MORE INFORMATION

If you have any questions, please check our website at www.zamayouthsports.org or contact us at 263-5437/4066.



BASKETBALL and Cheerleading SIGNUPS

Signups end 14 January.
Games are 12 February - 26 March

For more information, 263-5437/4066

Camp Zama Youth Sports and Fitness **Zama Swim Team**



The Zama Swim Team is sponsored by Youth Sports at Camp Zama. There are two separate seasons; Fall Season: September - December, and Winter / Spring Season: January - March.

Currently, there are 30 active members ranging in age from 7 - 17 years old. High school swimmers are also eligible to earn a varsity letter in swimming through a program with Zama American High School (ZAHS).

Competition each year consists of about 10 swim meets against teams from all the military bases, Tokyo International Schools, and Japanese teams. The largest home swim meet is held over the first weekend of December every year. This year, over 110 swimmers were hosted at the Yano Pool. Practice is 4 days per week, 1 - 2 hours per day, with some swimmers swimming up to 3,500 meters per practice.

The head coach is Neil Ward from 78th Signal Bn. Head Coach Ward has been coaching the Zama Swim Team for 3 years. Several parents of swimmers assist Head Coach Ward with practices and meets.

Sign-ups for swimming require passing the Yano deep water test assessment by one of the coaches (forms available at Parent Central Services / 263-3241). All youths who like to swim are encouraged to participate in this fun and lifetime activity.



For more information, phone 263-4066.

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Reminder:
The golf course is closed
on New Year's Day.

■ **Camp Zama Golf Club • 263-3694**
<http://www.usarj.army.mil/information/mwr/business/golf/>

January at a Glance!	
Nichibei Tournament	18 January
Payday Scramble	4 February

ATTENTION GHIN Subscribers.



It is now time to renew your GHIN membership for 2011. All subscribers have been deactivated. Please pay the \$22 fee in the golf shop to activate your GHIN membership. The Junior fee for 2011 is \$14 (17 and under).

TOMODACHI DAYS ARE AS FOLLOWS:

- 7 January - Friday
- 14 January - Friday
- 21 January - Friday
- 28 January - Friday

Your Japanese guests (max 3 guests per person) can play with you for the low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

NICHIBEI FRIENDSHIP TOURNAMENT

Tuesday, 18 January, shotgun start

at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers

TEE TIME INFORMATION

• **Weekday tee times**
Weekday tee times will be given out two weeks in advance for individual tee times, or 90 days in advance for larger groups. Requests for multiple tee times must be made in writing (or e-mail) to course management.

• **Weekend / US holiday**
Tee times are requested in advance using the tee time request form. Fill out the request form and drop it in the tee-time request box in the golf shop NLT 5 pm on the Tuesday prior for weekends and US holidays. Tee times will be drawn Wednesday morning and posted later that day. The priority system on the request form will be followed. You need at least 3 people to reserve a tee time on weekends / holidays.

NOTE: All golfers are asked to check-in with the starter at least 15 minutes prior to their scheduled tee time.

INTRODUCE A FRIEND TO GOLF!

Give us five days and we'll give them a sport for a lifetime.

5 LESSONS ONLY \$99



3 SESSIONS WITH DALE JORGENSEN
Session #1: April 21st, 28th, May 5th, 12th and 19th
Session #2: June 16th, 23rd, 30th, July 7th and 14th
Session #3: Sept. 15th, 22nd, 29th, Oct. 6th and 13th

7 SESSIONS WITH MIKE SUL
Session #1: Feb. 8th, 15th, 22nd, March 1st and 8th
Session #2: March 22nd, 29th, April 5th, 12th and 19th
Session #3: May 3rd, 10th, 17th, 24th and 31st
Session #4: June 14th, 21st, 28th and July 5th and 12th
Session #5: July 26th, Aug. 2nd, 9th, 17th and 23rd
Session #6: Sept. 6th, 13th, 20th, 27th and Oct. 4th
Session #7: Oct. 18th, 25th, Nov. 1st, 8th and 15th

For more information, contact
Dale Jorgensen, Director Of Golf at 263-3694
email dale.jorgensen@us.army.mil



Join the Get Golf Ready program and be ready to play in 5 days. **GOLF Play Golf America**
For more information, visit PlayGolfAmerica.com/GGR

PAYDAY SCRAMBLE

FREE! MWR is paying the \$15 entry fee and green fees for nonmembers. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Limited to USARJ community and their family members. Fun, food and prizes!

Friday, 4 February (11 am shotgun start)

Red Bull



COMMERCIAL SPONSORSHIP
and the **ZAMA GOLF COURSE**
STAFF thank our sponsor, **RED BULL**, for supporting our community and this event.

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LUNCH

Monday

- 3 Thai Shrimp
- 10 Mongolian Chicken
- 17 No lunch special (US holiday)
- 24 Vietnamese Spring Rolls
- 31 Chinese BBQ Ribs

Tuesday

- 4 Fried Chicken w/Biscuits
- 11 BBQ Spare Ribs
- 18 Meat Loaf w/Mushroom Sauce
- 25 BBQ Chicken

Wednesday

- 5 Chicken Enchiladas
- 12 Garlic Shrimp Pasta
- 19 South of the Border Salad
- 26 Macaroni Beef Casserole

Thursday

- 6 Mongolian Beef
- 13 Chicken Scampi
- 20 Spicy Seafood Pasta
- 27 Calzones

JR. GOLF INSTRUCTION

with Mike Sul, PGA

Every Monday from 1600-1700
Cost: \$10

Sign-up at the Pro Shop NLT
 the Sunday prior
 Need at least two (2) students to
 conduct the class

FOR MORE INFORMATION CONTACT
 MICHAEL SUL AT 263-4975 OR
 EMAIL MICHAEL.SUL@US.ARMY.MIL

LUNCH

Friday

- 7 Chicken Alfredo
- 14 Pork Milanese
- 21 Salmon Pasta

LUNCH

- 28 Giavanti
- Saturday / Sunday**
Lasagna w/Garlic Bread

Trade-Ins

Get new clubs for less. Trade-In your used clubs.

Camp Zama Golf Course announces "Trade-Ins". You can trade-in your old clubs for *"instant"* credit towards the purchase of new clubs. Find out how much your clubs are worth at <http://valueguide.pga.com/>

PGA TRADE-IN NETWORK

PGA TRADE-IN NETWORK
 AUTHORIZED FACILITY

ANNOUNCING

"Zelosity PureLaunch" launch monitor for personalized Club fittings.

\$50

Want to know your spin rate, launch angle, distance etc...? No more guess work. Launch monitor with two integrated Doppler-radar transceivers; patented technology; made in USA.

Outputs: ball velocity, club head speed, carry distance, power transfer ratio %, launch angle, total spin, deviation, angle of descent, angle of attack, side spin, club face angle, angle of descent, trajectory graphics, shot simulation, club acceleration and deceleration, data and reports. Call Dale Jorgenson at 263-3694 to schedule your personalized club fitting session.

Gift Card

NOW AVAILABLE FOR THE HOLIDAY SEASON

"Looking for the perfect gift for the golfer in your family? Why not a gift card from the Camp Zama Golf Course? The cards can be used for any golf course purchase (green fees, cart fees, merchandise, food and beverage)."

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R

eminder that the "Gridiron Challenge is held every Thursday from 5 - 7 pm in the Firelite Lounge, but 13 January is your last chance to be a "WINNER". Pick your teams for the forthcoming weekend NFL games, and if you have the most winning picks you can win two quality prizes.



Every Thursday Night!
Cards on sale starting: 6 pm
Early Bird Game starts: 6:45 pm
Regular Game starts: 7 pm.

FOR MORE INFORMATION, PLEASE CALL 263 - 4547

■ Camp Zama Community Club

• 263-4547

FIRELITE LOUNGE

• Hip Hop Music w/DJ

On Friday Night, 7, 21 and 28 January, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

• Latino Night

Friday, 14 January and Saturday, 29 January, 10 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

• Country Music with DJ

On Saturday night, 8 and 15 January, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

• Old School Night

Saturday, 22 January, 8 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.



The Catering Office is open Tuesday, Thursday and Friday, 9:30 am - 5:30 pm, plus it is open on Wednesdays by appointment only. For additional information and assistance, please phone 263-4204.

LUNCH

Sunday Brunch (10 am - 1:30 pm):

Adults: \$14.95
Youths 8 - 12: \$7.95
Youths 4 - 7: \$4.95
3 and under: Free

2 NO SUNDAY BRUNCH

Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

4 Chicken Fried Steak
w/Country Gravy

11 Veal Parmesan

18 Menchi Cutlet

25 Chicken Diablo

Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

5 Fried Beef and Potato
Croquettes

12 Hamburger Steak
w/ Demiglaze

19 Beef Pot Pie

26 Pork Millanase

Thursday: (Rotisserie Chicken and vegetable of the day)

6 • Stuffed Cabbage Roll

• Penne Arrabiata

13 • Chinese Fried Chicken
Vinegar Soy Sauce

• Spaghetti Napolitan

20 • Ton Pou Rou

• Spaghetti w/Meat Sauce

27 • Fried Chicken

Are you ready for some Football? The CZCC presents the "3rd Annual Gridiron Challenge Program"

GRIDIRON CHALLENGE

Below are the prizes to be awarded to the person who selects the most NFL winners each week. Weekly entry forms are available at the "Football Frenzy" held every Thursday in the CZCC Firelite Lounge, 5 - 7 pm. Your entry for the forthcoming weekend games must be turned in by 7 pm. A copy of the "Tie Breaker" information will also be available at the "Frenzy".

Week 17: Nintendo Wii console game set (from Coca-Cola) and ¥5,000 coupon (from TGI Friday's)

NOTE: Each winner also receives a 4-pack of energy sport drinks (from Red Bull)

MWR COMMERCIAL SPONSORSHIP AND THE ZAMA COMMUNITY CLUB STAFF THANK OUR SPONSORS FOR SUPPORTING THIS MAJOR EVENT FOR OUR COMMUNITY.



The Budweiser and Miller Lite Companies Support "Responsible Drinking".

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

LUNCH

• Linguine Kinoko Cream
Friday "Lunch Buffet" (soup and vegetable of the day, \$7.95)

- 7 • Turkey a la King
- Baked Lasagna
- Mashed Potatoes w/Gravy
- 14 • Chicken Enchiladas
- Beef Tacos
- Mexican Rice and Corn
- Burritos
- 21 • Baked Meat Loaf
- Chicken Penne Au Gratin
- White Rice
- Mashed Potatoes w/Gravy
- 28 • Huli Huli Chicken
- Kalua Pork
- Chicken Long Rice

DINNER MENU

Sunday (limited menu) 5 - 9 pm
"2 for 1 Steak Night"
(no take out)

Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.

Monday - Closed

Tuesday (5 - 9 pm)

2 meals for \$15 and limited menu. Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato,

DINNER MENU

rice, or mashed potato. Modified menu will be offered. (no take out).

Wednesday (5 - 9 pm)

- Mongolian BBQ (\$0.75 oz)
- Limited menu

Reservations: Please call 263-4547 before 3 pm.

Thursday (5 - 9 pm)

- "All You Can Eat Pizza, Pasta, Soup and Salad Bar" (no take out)

Adults: \$10.95

Youths 4 - 12: \$5.95

Under 3 years old: Free

- Regular menu

Friday "Chef's Special" (5 - 9 pm)

Regular Menu

Buffet

21 Community Night

Saturday (5 - 9 pm)

- Regular Menu
- Prime Rib Dinner
- Prime Rib and Shrimp Scampi

15 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.

Holiday Hours

01 January	Camp Zama Community Club	Closed
02 January	Firelight Lounge	1100 - 2200
	Cashier's window / game room	1100 - 2200
	All other operations	Closed
03 January	Camp Zama Community Club	Closed
04 January	Start regular operations	

For more information, call 263-4547



FREE • FREE • FREE

It's BUNCO TIME!

Gals ... and guys too!

7 January, 6:30 pm, at CZCC Ballroom (right wing)

CASH PRIZES

\$100	Most Buncos
\$100	Most Mini Buncos
\$100	Most Wins
\$100	Most Losses

Light snacks are available.

Participants must be 18 or older.

For more information, 263-4547

COME OUT TO YOUR NEW CAMARADERIE & TEAM BUILDING

SOCIAL HOUR!

FRIDAYS, 5-7 PM @ FIRELITE LOUNGE

FREE HORS D'OEUVRES



- 1st Friday:
"Right Arm Night"
- 2nd Friday:
"Bring Your Boss Night"
- 3rd Friday:
No Social Hour On Community Nights
- 4th Friday:
Ichi Dan Night
"One Team"

WE SUPPORT THE DESIGNATED DRIVER PROGRAM
Please contact a club employee if you need a ride home

FOR MORE INFORMATION, PLEASE CALL 263-4547

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

“See the Bugle for the advertisement”.

■ Zama Bowling Center • 263-4780

• **Limited Schedule** (no deliveries).

Sunday, 2 January, 11 am - 6 pm

• **Discount Bowling** (all day)

Sunday, 2 January, 11 am - 6 pm.

* Free bowling for children ages 10 and under

* \$.75 a game for youths ages 11 - 18

* \$1.25 a game for adults

• **All-You-Can Eat Pizza (and bowling too):**

Wednesday, 12 January (two hour limit).

Adults: \$10 (\$22.50 value)

Youths (5 - 12): \$5

4 and under: Free

Includes 3 games, rental shoes, and all the pizza you can eat (pepperoni, sausage, and /or cheese (does not include beverage).

NOTE: All games after game 3 are \$2.25 per game.

• **No Tap Bowling Tournament**

Sunday, 16 January, 1 - 3 pm. Fun for all bowlers. Beginners and all others have an equal chance of winning. Sign up at the Zama Bowling Center.

• **Limited Schedule** (no deliveries).

Monday, 17 January, 11 am - 8 pm. (Martin Luther King Jr. holiday)

Discounted bowling all day.

* Free bowling for children ages 10 and under

* \$.75 a game for youths ages 11 - 18

* \$1.25 a game for adults

LUNCH

Monday

3 Regular Menu

10 Spaghetti and Meat Balls w/Tossed Greens and Garlic Bread

17 Regular Menu

24 Baked Lasagna w/Tossed Greens and Garlic Bread

31 Meatball Sandwich w/Coleslaw

Tuesday

4 Fried Fish Sandwich w/Clam Chowder Soup

11 BLT Sandwich w/Vegetable Soup

18 Chicken Salad Sandwich w/Chicken Noodle Soup

25 Baked Ham Sandwich w/Green Pea Soup

LUNCH

Wednesday

5 Pork Adobo w/Rice and Leche Flan

12 Pansit w/Lumpia and Casava Cake

19 Stir Fry Pork w/Tofu and Eggplant Over Rice

26 Shoyu Chicken w/Rice and Vegetable Egg Fu Yong

Thursday

6 Hamburger Steak w/Avocado Sauce and Steamed Vegetables

13 BBQ Ribs w/Baked Beans and Potato Salad

20 Baked Chicken w/Rice and Stir Fried Vegetables

27 Pork Cutlet w/Mashed Potatoes and Creamed Corn

POP, WIN A PRIZE & BOWL
JANUARY 4-31, ZAMA BOWLING CENTER
WE ARE POPPING BALLOONS TO CELEBRATE THE NEW YEAR!
 During open bowl, pop a balloon to see what your game fee will be. A balloon may have a special prize. It could be a \$25 gift card, 2 CZCC brunch tickets, a room at Hardy Barracks for one night, free massage at the Yano Fitness Center or free paint ball admittance.
SO, COME OUT AND BOWL!
 For more information, please call **263-4780**

CAMP ZAMA LAUNDROMAT
OPEN 24 HOURS
 Located next to the Camp Zama Laundry and Dry Cleaners, Bldg 375

WASHING MACHINES
 Large Washer: \$2 per load
 Small Washer: \$1.50 per load

DRYERS
 • Large dryer: \$1 first 15 minutes, \$0.25 for an additional 10 minutes.
 • Small dryer: \$0.50 first 15 minutes, \$0.25 for an additional 10- minutes.

For more information, please call 263-4671

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

“See the Bugle for the advertisement”.



SATURDAY 15 JANUARY 2 PM
CZCC BALLROOM

ADULTS ONLY

**For more information,
please call 263-4547*

Tickets purchased by 11 January \$40 , After 11 January \$50
Includes non-alcoholic drinks and prizes
Prizes will be based on the number of players
Tickets available at CZCC Cashier's Window
Tickets must be purchased in dollars only

C A M P Z A M A C O M M U N I T Y C L U B
TEXAS HOLD'EM
T O U R N A M E N T

C A M P Z A M A C O M M U N I T Y C L U B

Camp Zama Community Night  
presents

KARAOKE CONTEST

FRIDAY 21 JANUARY 5-8 PM CZCC BALLROOM



Hors D'oeuvres, Prizes and Entertainment **FREE EVENT!**

**CYS is offering "Community Night Child Care Services" AT SHA CDC, contact # 267-6564*

FOR MORE INFORMATION, PLEASE CALL CZCC 263-4547

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

I ♥ ARTS AND CRAFTS

Silk Screen, Wood Shop, Frame Making, Washi-Paper



A QUOTE FROM A STRESS MANAGEMENT WEBSITE - "Looking for a way to relieve stress? Pick up a hobby! A hobby is not just a waste of time. Focusing on a hobby allows you to forget about the stress of the day and focus on something you truly enjoy. Whatever the hobby, you will flourish doing something that is entertaining and satisfying for you".

AND A QUOTE FROM FRANKLIN DELANO ROOSEVELT - "Happiness is not the mere possession of money; it lies in the joy of participation." One of the best places to exercise your creative power is only a few minutes away. The Zama Arts and Crafts Center has a wide variety of knowledgeable instructors and staff to assist you. From the framing shop with glass and matt cutters and numerous styles of frame stock to classes where you can learn to make pottery from molds or on the wheel, Ikebana - the Japanese art of flower arrangement, Shodo the Japanese calligraphy workshop. In addition to these activities and classes, the Arts and Crafts Center can print silk screen designs of your events on t-shirts and has a supply of helium balloons for every occasion.

You can purchase pinatas for birthday parties, valentines gifts, craft supplies, clay, wood and flowers for Ikebana. They even have a pottery wheel at Camp Zama, Sagami Housing Area (SHA) and Sagami Depot for a small fee. See page 30 for more information, or see Mr. Noder for more information.



ARTS AND CRAFTS



Craft, Ikebana, Shodo and Pottery Classes

Photos by the Arts and Crafts Center staff.



It is not only a way to relieve stress, it is a healthy way to escape from life's daily demands. It can clear your mind of the daily tugs for your attention, and allow your creativity to

find its way to the surface, in the thrill of creative effort".

A variety of classes, activities, equipment and supplies to satisfy any artistic endeavor, and, if you can choose from, various up-to-date machines in the woodshop, pottery, Japanese art of brush calligraphy, the washi paper workshop and a silk screen workshop. Available for sale, make metallic name plates and plaques and show you the large

"Red Tag" sale section where items are \$1. and up. There is a delivery service to the home, Arts and Crafts Director, and his great staff and start a new hobby today.





CAMP ZAMA COMMUNITY

BAZAAR

FEBRUARY 2011

SATURDAY, 26 (9 AM - 5 PM)

SUNDAY, 27 (10 AM - 4 PM)

AT THE CAMP ZAMA COMMUNITY CLUB

VENDORS OFFERING :

**FURNITURE, ARTS & PICTURES,
JEWELRY, TOYS, ANTIQUES,
NOVELTIES, SOUVENIRS ...**



**Tour & Travel information
will be available**

For more information: ☎ 263-5273/4059

For more information : ☎ 263-5316



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

LUNCHES

MONDAY

- 3 Closed
- 10 Fried Rice Karaage and Yakisoba
- 17 Closed
- 24 Hamburger Steak (10 oz) w/Cheese
- 31 Chicken Cutlet (Sagami Lounge Special)

TUESDAY

- 4 Hamburger Steak and Fried Shrimp
- 11 Steak Don
- 18 Chicken Tatsuta Don
- 25 Chicken Saute w/Mustard

WEDNESDAY

- 5 Pork cutlet w/Picante Sauce
- 12 Fried Shrimp Curry
- 19 Garlic Chicken Saute
- 26 Taco Rice w/Karaage

THURSDAY (All-U-Can Eat)

- 6 Italian Buffet
- 13 Oriental Buffet

LUNCHES

- 20 Mexican Buffet
- 27 American Buffet

FRIDAY

- 7 Chicken Tempura Don
- 14 Lasagna w/Garlic Bread
- 21 Seafood Platter
- 28 Chicken Saute w/Curry Sauce

DINNER SPECIALS

TUESDAY NIGHT (LIMITED

MENU/DINNER SPECIAL - \$8.50)

- 4 Mexican Dinner
- 11 BBQ Dinner
- 18 Pizza and Pasta Dinner
- 25 Regular Menu

WEDNESDAY NIGHT

Family night movies for adults and youths 5, 12, 19 and 26 January. Regular dinner menu; choose your discount.

DINNER SPECIALS

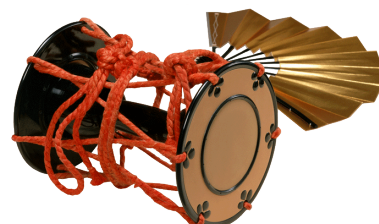
THURSDAY NIGHT

(CHEF'S SPECIAL DINNER)

- 6 Ribeye Steak (6oz) and Salmon Saute (4oz) (\$20)
- 13 Ribeye Steak (6oz) and Mahi Mahi Saute (4oz) (\$20)
- 20 Prime Rib Dinner (\$20)
- 27 Regular Menu

FRIDAY NIGHT

Mongolian BBQ on 14 and 28 January; enjoy the best Mongolian BBQ in town!!! Also, on 7 and 21 January we offer the regular dinner menu.



“See the Bugle for the advertisement”.

Camp Zama Army Family Action Plan (AFAP) Symposium will be held 22 - 24 February 2011.

Watch for the issue collection boxes, or log on to <http://www.mwrjapan.jp.pac.army.mil/>.

■ Army Community Service • 263-8327

RELOCATION READINESS PROGRAM, 263-HELP (4357)

- *Exploring Japan*
Cancelled until further notice.
- *Beginner's Evening Japanese Class*
Every Wednesday, 5:15 - 8:30 pm. Taught by a native Japanese speaker (2 classes offered). Pre-registration required.
- *Adult Evening English Class*
Every Wednesday, 5:30 - 7 pm. No pre-registration necessary.
- *Adult Japanese Language Class*
Every Wednesday, advanced class, 10 - 11 am; beginner class, 11 am

- noon. Taught by a native Japanese speaker. No pre-registration required.

• *Children's Japanese Language Culture Class*
Cancelled until further notice.

• *Adult English as a Second Language Class (ESL)*
Cancelled until further notice.

NOTE: All classes are cancelled on US holidays.

MOBILIZATION AND DEPLOYMENT PROGRAMS, 263-HELP (4357)

Please phone 263-8089 to schedule your unit pre / post-deployment readiness training, reunion briefing, Family Readiness Group Training, and Unit Rear Detachment Commanders (RDC) Training. Free child care is provided by CYS during official FRG functions (advance coordination is required).

• *Pre / Post Deployment Support and Operation R.E.A.D.Y. Training*

This training is designed to help all mobilizing, deploying, and redeploying Soldiers, DoD civilians, and their Families prepare for a less stressful

Army Community Service

LOAN CLOSET

Monday, Wednesday & Friday:
1 - 3 pm, at
ACS, Bldg 402



FOR DETAILED INFORMATION, CALL 263-4357

NEWCOMERS ORIENTATION

NEWCOMERS ORIENTATION PART I: Wednesday, 19 January, 8 am - 4:30 pm, Camp Zama Community Club. Welcome by the Command Group and overview of different programs and services presented by various representatives. "Taste of Japan" luncheon provided at Camp Zama Community Club, left wing, sponsored by KDDI. The orientation is mandatory for military and civilian personnel. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

NEWCOMERS ORIENTATION PART II: Thursday, 20 January, 8 - 4:30 pm, Camp Zama Community Club (right wing). Continued overview of services and programs available at Camp Zama including medical and dental information. Attendance is Mandatory for military and civilian personnel in order to receive a permanent SOFA status driver's license. Adult Family members may also attend. Free hourly child care available for attendees. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

SHOPPING ON THE ECONOMY: Thursday, 20 January, 1 - 4:30 pm, Gate 4, Camp Zama. Join our Japanese volunteers as they take you on a guided tour to a local supermarket, then on to the five story "100 Yen Shop" in Machida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.



For information contact ACS at 263-8091

MWR COMMERCIAL SPONSORSHIP and the **ACS STAFF** thank our sponsor, **KDDI**, for supporting the Newcomer's Orientation Program and the Zama community.



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

and more successful deployment. Briefings and training are held the 2nd Thursday of each month from 3 - 4 pm at ACS, Bldg. 402, in the Community Room.

• **Deployed Spouse Program**

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card; this card will provide discounts throughout various MWR facilities.

AER/FINANCIAL/EMPLOYMENT, 263-HELP (4357)

The ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling, plus a host of many other financial related programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the use of sound money management. Units and FRGs may request classes; email gary.wertz@us.army.mil at least two weeks in advance.

• **Scheduled Financial Classes:**

All classes are held at ACS, 1:30 - 3:30 pm:

- | | |
|-------------------|-----------|
| * Budget | Monday |
| * Banking | Tuesday |
| * Debt Management | Wednesday |
| * Investment TSP | Thursday |

All first term personnel are required to attend all four classes during in-processing before Financial Readiness will be signed off on in-processing check-in sheet. Attendance at all four classes meets the requirement for the mandatory 8 hour Financial Readiness Class per AR608-1 and DoDI 1342.27. Units may request classes also; requests should be in writing a minimum of two weeks prior to the class date, first come, first served. Each class requires a 2 hour block. The classes available are in the following areas: Basic Budget, Remedial Checkbook

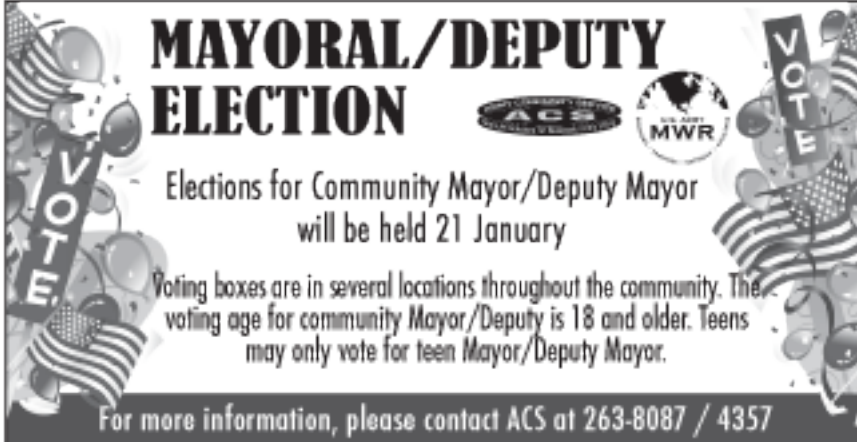
Management, Credit and Debt, Large Purchases, Insurance, Investment / TSP, and Planning for Military Retirement. For more information, contact 263-5550 or 263-HELP(4357) or email: gary.wertz@us.army.mil.

• **AER Emergency Leaves:**

The primary funding for travel to a gateway city by service members and command sponsored Family members is handled by the Military Personnel Division. AER assists with travel from the gateway and to and from the leave site.

FAMILY ADVOCACY PROGRAM (FAP), 263-HELP (4357)

Department of the Army policy is to prevent spouse and child abuse,



MAYORAL/DEPUTY ELECTION

Elections for Community Mayor/Deputy Mayor will be held 21 January

Voting boxes are in several locations throughout the community. The voting age for community Mayor/Deputy is 18 and older. Teens may only vote for teen Mayor/Deputy Mayor.

For more information, please contact ACS at 263-8087 / 4357



Family Advocacy Program

Sexual Assault Prevention and Response Program (SAPRP)

Sexual Assault Hotline from a DSN: 882# or 090-9395-8909.

This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-HELP / 4357 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-HELP / 4357 or 090-9395-8909.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

to protect those who are victims of abuse, to treat those affected by abuse, and ensure personnel are professionally trained to intervene in abuse cases. Since many incidents of abuse constitute violations of the law, DA policy also recognizes the commander's authority to take disciplinary or administrative action in appropriate cases. The Family Advocacy Program at Army Community Services provides a wide range of services that strengthens families and enhances relationships. We believe that these services help support our Soldiers, their families, and the Army mission. For more information about Family Advocacy Programs or to schedule a class or briefing, contact 263-HELP (4357). The Reporting Point of Contact (RPOC) for all suspected child or spouse abuse is the Military Police (MP) at 263-3002.

• Victim Advocacy

Victim Advocacy is a free service for all personnel in the military community. The Victim Advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are encouraged to come and speak with a trained Victim

Advocate and inquire about available services. The Victim Advocate works with those who have been a victim of domestic violence or sexual assault. Reports of Domestic Violence (DV) may be made on a restricted or unrestricted basis. To file a restricted report related to a domestic abuse incident, a victim may also report to a healthcare provider or the Victim Advocate supervisor in order to access medical care or other supportive services including referral to service providers, advice, or safety planning. Information provided in a restricted

report will not be disclosed to command or to law enforcement. For additional information about domestic violence restricted and unrestricted reporting, please contact Family Advocacy at 263-4782, 263-4853, or 090-9395-8909.

ARMY FAMILY ACTION PLAN (AFAP), 263-HELP (4357)

We are looking for upcoming Army Family Action Plan Conference volunteers!

Watch for the Issue Collection Boxes, or log on to <http://www.mwrjapan>.

Exceptional Family Member Program (EFMP), 263-HELP (4357)

WORKSHOP

Social Services:

24 January, noon - 1 pm, at ACS.

If you would like to become an EFMP Respite Care Provider and/or learn more about eligibility for EFMP Respite Care, please contact Cheryl Rendon, ACS EFMP Coordinator, at 263-4572.

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, whichever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family Member must in-process with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group on 18 January, noon - 1 pm, at ACS.

NPSP

New Parent Support Program- 263-4572.



The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held Tuesdays, 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 10 - 11:30 am, at EDIS (Ann Elementary School).
- **Baby Love Seminar:**
Topic: "Stress Management"
11 January, 9:45 - 10:15 am at Zama Chapel.
20 January, 10:15 - 10:35 am, during play morning session at EDIS (Ann Elementary).
- **NPSP Workshop:** "Infant Development", at ACS, 31 January, noon - 1 pm.
- **Breast Feeding Support Group** meeting for "Breastfeeding and Weaning Mothers" will be held monthly on the 1st Thursday from, 9:30 - 10:30 am at ACS and the 3rd Monday from 9:30 - 10:30 at SHA CDC. (CANCELLED 27 January due to federal holiday)
- **Baby Bundles** information and supplies for first time expecting parents and electric breast pumps are available by calling 263-4572 or emailing cheryl.rendon@us.army.mil.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

jp.pac.army.mil/ click "Submit and AFAP Community Idea / Concern". Issues can be submitted anonymously and will be sent directly to the AFAP Program Manager. You will be heard.

• **Army Volunteer Corps (AVC)**

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then, you may want to enter the exciting world of volunteerism. You can register as a volunteer in the Volunteer Management Information System (VMIS). It's easy to get started! This can be completed at your home, the education center, the library or by utilizing the volunteer computer at ACS. If you do not have an account at www.myarmylifetoo.com, register for an account by going to the site and clicking on "register for an account". Once registered, with www.myarmylifetoo.com, click on "Become a Volunteer" and select "Volunteer Registration". To become a Camp Zama volunteer, contact the Community Life Officer at 263-8087.

• **Army Family Team Building (AFTB), 263-HELP (4357)**

The Key to your Army Journey and Passport to Power!

Did you know that you could earn promotion points from AFTB? If you are a young Soldier SGT or below and need promotion points, AFTB is a good source and a great tool that you will be able to use throughout your military career. Come join us for our next AFTB training, or go online at www.myarmylifetoo.org for Level I, II and III. Remember, Soldiers in the rank of E-5 and below can receive promotion point for completing all three levels. For more information or to register for upcoming training, please contact Community Life Officer at 263-8087.

INFORMATION AND REFERRAL, 263-HELP (4357)

I and R provides maps and directions to the local area and for military installations throughout Japan, as well

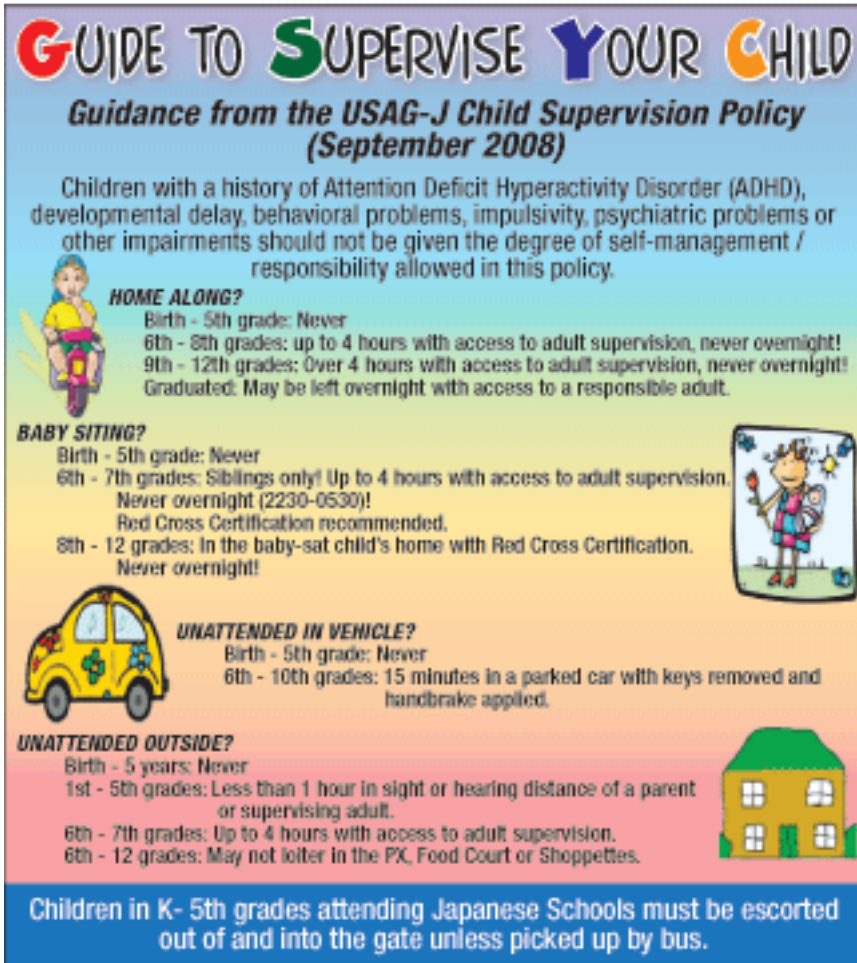


Survivor Outreach Service

Survivor Outreach Services (SOS) provides services that support the Families of Fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for Survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402

as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After: 4:30 pm and on weekends, maps and directions can also be found on www.mwrjapan.army.mil under "Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings. For more information, please call at 263-2382 or e-mail: megumi.saito@us.army.mil.



GUIDE TO SUPERVISE YOUR CHILD
Guidance from the USAG-J Child Supervision Policy (September 2008)

Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), developmental delay, behavioral problems, impulsivity, psychiatric problems or other impairments should not be given the degree of self-management / responsibility allowed in this policy.

HOME ALONG?
Birth - 5th grade: Never
6th - 8th grades: up to 4 hours with access to adult supervision, never overnight!
9th - 12th grades: Over 4 hours with access to adult supervision, never overnight!
Graduated: May be left overnight with access to a responsible adult.

BABY SITTING?
Birth - 5th grade: Never
6th - 7th grades: Siblings only! Up to 4 hours with access to adult supervision. Never overnight (2230-0530)!
Red Cross Certification recommended.
8th - 12 grades: In the baby-sat child's home with Red Cross Certification. Never overnight!

UNATTENDED IN VEHICLE?
Birth - 5th grade: Never
6th - 10th grades: 15 minutes in a parked car with keys removed and handbrake applied.

UNATTENDED OUTSIDE?
Birth - 5 years: Never
1st - 5th grades: Less than 1 hour in sight or hearing distance of a parent or supervising adult.
6th - 7th grades: Up to 4 hours with access to adult supervision.
6th - 12 grades: May not loiter in the PX, Food Court or Shoppettes.

Children in K- 5th grades attending Japanese Schools must be escorted out of and into the gate unless picked up by bus.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

The Yano Fitness Center is seeking interested applicants in the following areas: Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, yoga and other group exercises. For more information, call 263-3954/4042.

■ Sports, Fitness and Aquatics

263-3954 / 4664

FITNESS (263-5656)

• *Personal Training / Program Consultations (FREE)*

Limited days and times by appointment only.

• *FREE Fitness Classes / Services* offered at Yano Fitness Center

* Super Circuit Class

Monday, Wednesday: noon - 1230

Fridays: 1730 - 1800

* Unit PT Training

Tuesday 0630 - 0730. Please call the Fitness Coordinator four weeks in advance to reserve time slot and program request.

* Pilates: Tuesdays 0900

* Hit and Core: Wednesday 1730

* TBC Yoga: Fridays 1200

NOTE: All fitness classes / services

are subject to change. Please see the monthly flier for accurate times.

AQUATICS (263-3348)

• *Jacuzzi, Steam Room, Sauna* The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the jacuzzi, sauna, and steam room are closed for maintenance from 0800 - 1200.

• *Training Reservations for Swimming Pool*

If you are considering utilizing Yano Pool for unit PT, water survival training, or any other structured training program, submit a "Pool Training Reservation Request" to the front desk at Yano Fitness Center. For reservations, submit the reservation request no less than 3 (three) weeks in advance. Forms can be e-mailed upon request.

• *Age Policy for Swimming Pool* Children 12 years of age and below are not permitted in the pool unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special programs organized and conducted by Aquatics, CY5, the schools, or other authorized youth organizations may participate under designated adult

yano fitness center **intramural basketball**
SEASON 2011
*Starts 11 January

- Entry deadline is 3:30 pm, Thursday, 6 January.
- Units & organizations in the Camp Zama, Sagami Depot and SHA are eligible to enter.
- Individuals desiring to participate whose unit or organization does not have a team may enter the player's pool.

*For more information, please call 263-4664/7980.

FREE THROW CONTEST

EVENT STARTS:

WOMEN: 0900 • MEN: 0945

*REGISTER BY 9 PM, FRIDAY, 21 JANUARY.

3 POINT SHOOT OUT

EVENT STARTS:

WOMEN: 1100 • MEN: 1145

*REGISTER BY 9 PM, FRIDAY, 21 JANUARY.

• COMMANDER'S CUP POINTS WILL BE AWARDED FOR THESE EVENTS.

FOR MORE INFORMATION, PLEASE CALL 263-4664/7980.



YANO FITNESS CENTER

22 JANUARY

MEN & WOMEN DIVISIONS



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

supervision.

- **Solarium Reservations**

If you are considering a party in the Solarium, please submit a "Solarium Reservation Request" to the front desk at Yano Fitness Center. Forms are available at Yano Fitness Center. Forms can be e-mailed to you upon request.

SERVICES AND CONTRACTORS (263-4664)

- **Aerobics**

* Instructor: Amy Bengel

Class times and fees vary; for exact times and fees please see the Yano monthly schedule or call the Yano Fitness Center at 263-4664/5656. Times and schedules are subject to change depending on community needs.

* Instructor: Ms. Hitomi Someya

Zumba Class: Tuesdays and Thursdays at 1730. Times and schedule subject to change depending on community needs.

- **Martial Arts (Taekwondo Classes)**

* Instructor: Kellie Williams

Tuesday, Thursday and Friday:

Ages 4 - 6: 1700 - 1800



Ages 7 - adults: 1815 - 1915

Cost: \$45 per month

* Instructor: Kang Hyum Soon

Monday and Thursday:

Ages 4 to adult: 1730 - 1900

Cost: \$56.20 per month (depending on yen rate)

NOTE: All Taekwondo (for both instructors) participants 18 years of age and older pay at the Yano Fitness Center issue counter. All participants ages 17 and under pay at Parent Central Services, Bldg 533, or call 263-4125.

- **Tai Chi** (Chinese breathing

exercise) and Kung Fu fitness every Monday at 1845

One session: \$6

4 sessions: \$20

SERVICES

- **Massage Cancellation Policy:**

Must be made 24 hours in advance from the time the original appointment was made. Please be sure to ask the staff for the information regarding this policy.

- **Aqua Massage**

The Yano Fitness Center offers "Aqua Massage", \$5 for 15 minutes. You

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

must be at least 16 years old. For more information, call 263-4664/3954.

• **Shizuka's Massage Therapy**
(Not available until 31 January)

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Fridays, and Saturdays. First appointment is 1030 and the last appointment is 1600. Call the front desk at 263-4664 for additional information. The cost is 30 minutes for \$30, 45 minutes for \$40 and 60 minutes for \$50. Payment must be made when making an appointment. Must be 21 years old. For more information, call 263-4664.

• **Yukari's Soft-Chiropractic Massage**

Japanese "Physiotherapy with Yukari" is available on Fridays, 1730 - 2100 (first appointment at 1730 and the last appointment at 2000), and on Sundays, 1200 - 1800 (first appointment at 1200 and the last appointment at 1700). Call the front desk at 263-4664 for additional information. The cost is 30 minutes for \$35, 45 minutes for \$45 and 60 minutes for \$60 (you



Dodgeball
Tournament
Yano Fitness Center

*Register by 9 pm,
Thursday, 3 February.

9 am
Saturday, 12 February

*For more information,
please call 263-4664/7980.

must be at least age 21).

NOTICE: The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of the expiration date, please contact the front desk at 263-4664.

• **Tanning Booth**

The Yano Fitness Center has two

tanning booths. Hours:

Monday - Friday:

0530 - 2025

Weekends:

0800 - 1700

Purchase a one session card for \$2.50, ten sessions for \$20, or twenty sessions for \$35 (you must be at least age 18).



9 AM • SATURDAY & SUNDAY
29 & 30 JANUARY
MENS DIVISION ONLY
*Register by 5 pm, Tuesday, 18 January.

Entry fee: \$200

Camp Zama
BASKETBALL INVITATIONAL
TOURNAMENT

*For more information, please call 263-4664/7980.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.



THE BIGGEST LOSER

YANO FITNESS CENTER

Starts 1 February

Zama Style

12 Week Program

**Registration deadline is Wednesday, 26 January.*

***Teams consist of
2 males & 2 females.**

**For more information, please call 263-4664/5656.*

Paid Advertisements

“See the Bugle for the advertisement”.

T

owing
Service and
Roadside
Assistance. We
offer a towing
service and
roadside assistance
Wednesday through
Sunday during the
Automotive Skills
Center normal
hours of operation.

■ Automotive Skills Center • 263-3615

HOURS OF OPERATION:

Monday and Tuesday: CLOSED
Wednesday - Friday:
1130 - 2000
Saturday and Sunday:
0930 - 1800

PLEASE NOTE:

• All work areas must be clean and checked-out tools turned in by close of business.

SAFETY ORIENTATION

DA-3031-1 Qualifications Card to use the automotive skills center is issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

SERVICES

• Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

• Used Vehicle Courtesy Inspection

The Automotive Skills Center offers a 20-point courtesy inspection for Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only. The courtesy inspection does not take the place of the JCI. Inspections are done by appointments only.

• Detailing Service

We offer a basic detailing service which starts at \$35 for regular size sedans. The \$35 is a basic wash and hand wax with tire wax. For an additional \$15 we vacuum the interior and clean the windows. For vans and SUV's prices start at \$50. If you prefer we use waxes and other cleaning supplies that you have please feel free to let us know; unfortunately, this does not reduce the fee.

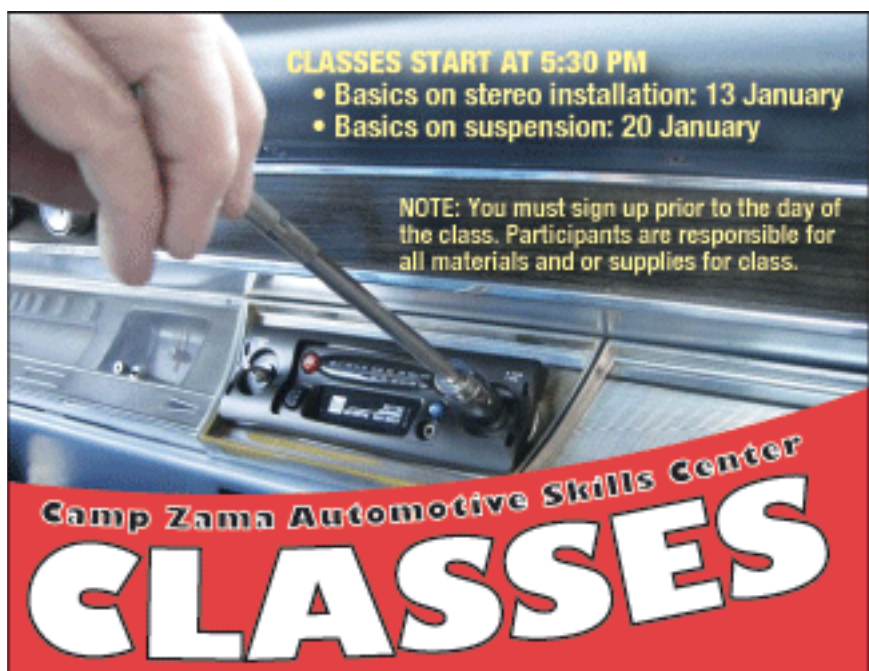


CAR WASH

The Zama Car wash can be accessed:

Monday - Tuesday: 8 am - 4:30 pm
Wednesday - Friday: 8 am - 8 pm
Saturday - Sunday: 9 am - 6 pm

The Sagamihara Housing Area car wash is closed indefinitely due to damage.



CLASSES START AT 5:30 PM

- Basics on stereo installation: 13 January
- Basics on suspension: 20 January

NOTE: You must sign up prior to the day of the class. Participants are responsible for all materials and or supplies for class.

Camp Zama Automotive Skills Center

CLASSES



USED PARTS FOR SALE

- 6 X 9 speaker - - - \$30 pair
- 6 1/2 speaker - - - \$15 pair
- CD player, stateside tuner starting at - - - \$35 ea
- Safety flares - - - \$2
- Various aluminum rims starting at - - - \$40 set

We also have used tires; just stop by with your car and see if they are on the rack.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

NEW MCNAUGHTON BOOKS

- *Brave* by Evans, Nicholas (Best Seller)
- *Is it Just Me?...Or is it Nuts Out There?* by Goldberg, Whoopi (Best Seller)
- *Last Boy* by Leavy, Jane
- *Mockingjay* by Collins, Suzanne (Best Seller)
- *Operation Dark Heart* by Shaffer,

Anthony

- *Promise Me* by Evans, Richard Paul
- *Reversal* by Connelly, Michael (Best Seller)
- *Warmth of Other Suns* by Wilkerson, Isabel (Best Seller)
- *Washington* by Chernow, Ron (Best Seller)
- *Worth Dying For* by Child, Lee (Best Seller)

NEW BLU-RAY DVDS

- *The Complete Metropolis* (Fritz Lange)
- *Despicable Me*
- *The Expendables*
- *Knight and Day*
- *Inception*
- *Restrepo*
- *Schreck: The Whole Story*
- *The Sorcerer's Apprentice*
- *The Twilight Saga: Eclipse*

■ Community Activity Center • 263-3939/5712/8892

CLASSES

- **Ballet Class**
- * Wednesday:
 - Pre-Elementary (4 - 6), \$40: 1600 - 1645
 - Elementary (7 - 12), \$60: 1700 - 1815
 - Junior (13+), \$60: 1830 - 2000
- * Thursday
 - Pre-Elementary (4 - 6), \$40: 1730 - 1815
 - Adult (15+), \$60: 1830 - 2000
- **Piano Lesson** (four classes a month, ¥7,000).
 - Monday - Friday.
- **Violin Lesson** (four classes a month, ¥7,000).
 - Tuesday or Thursday.
- **Koto Lesson** (four classes a month, Adult: ¥8,000, Youth: ¥7,000).
 - Tuesday

COMMUNITY ACTIVITY CENTER
presents a
Tamagawa University E.T.C. Performance
(This is a performance done by
Japanese college students in English)

hairspray

Saturday & Sunday, 26 & 27 February

***Free tickets available at the
Community Activity Center.**

***For more information, please
call 263-3939.**



ARMED FORCES ENTERTAINMENT PRESENTS

TONY HORTON FITNESS TOUR RIPPED AND READY

Meet the man behind the number one fitness program in America. Training guru to the stars, Tony Horton, will be here to meet, greet, share some training tips and personally conduct some workouts. For information, check out featured performers at www.armedforcesentertainment.com/tonyhorton.htm.

Tuesday, 1 February at the Yano Fitness Center
Time: TBD



COMING TO A THEATER NEAR YOU.
For more information, visit armedforcesentertainment.com.

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

R

ed
Tag Sale. A variety of craft supplies are on sale now starting from \$1.



■ Arts and Crafts • 263-4412

HOURS OF OPERATION

Monday - Tuesday: Closed
Wednesday - Friday: 1130 - 1930
Saturday - Sunday: 1000 - 1800

CLASSES

• **Silk Screen Work Shop**
\$15 for a class, includes one free

t-shirt (appointment only).

• **Wood Shop Orientation for DA 3031.**

Saturdays: 10 am, no fee.

• **Frame Shop Orientation**
2nd and 4th Thursday, 5 pm,
\$10 a class; supplies are included.

Advance and refresher classes are conducted upon request, \$10 a class, supplies are not included.

• **Wash-Paper Craft Workshop**
\$10 a class; supplies are available at the sales store (by appointment)

• **Ikebana** (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm, \$20 for a class, plus ¥1,000 (flower fee).

• **Shodo** (Japanese calligraphy class),
Wednesday, 4 pm, \$10 for a class; includes all supplies.

• **Pottery Classes**

* Wednesday class: 4 - 6 pm, \$20 for a class, supplies are included.

NOTE: All classes require advance registration. Schedules are subject to change.

A R T S & C R A F T S C E N T E R

START THE NEW YEAR'S WITH

Kakizome

Try Japanese Calligraphy!
11 am ~ 1 pm • Sunday, 9 January
at the CZCC.

New Years Flower Arrangement

with the Ikebana Instructor
2 ~ 5 pm • Thursday, 20 January
*Sign up by Sunday, 9 January • First 30 entries will be accepted.
at the Arts & Crafts Center.
*For more information, please call 263-4412.

Events are **FREE!**

“See the Bugle for the advertisement”.

Interactive Customer Evaluation

Please give us your **ADVICE**
Interactive Customer Evaluation

We are listening!

Good or Bad, we'd like to know!

Make your input online at the US Army Garrison, Japan ICE site and enter to win a prize! Drawing held at the monthly Community Night.

<http://ice.disa.mil/index.cfm>

CAMP ZAMA BOSS PROGRAM

BOSS President:
SGT Valery Valtrain

Tel: 263-5197
e-mail: valery.valtrain@us.army.mil

BOSS WARRIOR ZONE HOURS!!!
Tuesday, Wednesday Friday: 1800 - 2200
Saturday: 1200 - 2200
Phone: 263-3399

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Leisure Travel Services • 263-4671

TOURS AND EVENTS

• *Ski / Snowboard for Beginners*

Saturday, 8 January, 4 am - 9 pm

• *Tsumekizaki Hiking*

Saturday, 8 January,

6 am - 7:30 pm

• *Summerland*

Sunday, 9 January, 8 am - 6 pm

• *Ice Skating*

Sunday, 9 January, 9:30 am - 4 pm

• *Indoor Saltwater Fishing* **NEW**

Saturday, 15 January, 6 am - 4 pm

• *Tokyo Auto Salon*

Saturday, 15 January, 9 am - 6 pm

• *One-day Ski / Snowboard Trip*

Sunday, 16 January, 3 am - 10 pm

• *Setagaya Boroichi*

Sunday, 16 January, 1 - 8 pm

• *Old Temple and Enchanted Forest and Asahi Beer Factory*

Monday, 17 January,

6:30 am - 5 pm

• *Ski for Beginners at Fujimikogen*

Saturday, 22 January, 6 am - 6 pm

• *Lake Kawaguchi Winter Fireworks and Akafuji Wine Cellar*

Saturday, 22 January,

noon - 11:30 pm

• *Strawberry Picking and Mito Sea Paradise*

Sunday, 23 January, 7 am - 6 pm

• *Grimpa Land*

Sunday, 23 January,

7:30 am - 6:30 pm

• *One-day Ski / Snowboard Trip*

Saturday, 29 January, 4 am - 11 pm

• *Yomiuri Land* **NEW**

(Winter Illumination Special)

Saturday, 29 January,

2:30 - 9:30 pm

• *Hello Kitty Land*

Sunday, 30 January, 9 am - 6 pm

• *Oedo Onsen Hot Spa*

Sunday, 30 January,

9:30 am - 6 pm

■ Chapel Activities • 263-4898

CATHOLIC SERVICES

Mondays - Fridays, noon, daily Mass, Blessed Sacrament, Chapel

Sundays, 9 am, Mass, Zama Chapel.

Sundays, 9:15 am, Children's Liturgy of the Word. Blessed Sacrament Chapel.

Sundays, 10:45 am CCD, Religious Education Center.

PROTESTANT SERVICES

Sundays, 9:30 am, Sunday School for all ages at the Religious Education Center.

Sundays, 10:15 am, Praise Team Rehearsal, Zama Chapel.

Sundays, 11 am, Worship Service, Zama Chapel.

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

Wednesday, Praise Team Rehearsal, Zama Chapel

SAGAMIHARA PROTESTANT GOSPEL SERVICES

Sundays, 9:30 am, Sunday School, Sagamihara Chapel.

Sundays, 11 am, Worship Service, Sagamihara Chapel.

(Nursery services are provided for children up to kindergarten at the Sagamihara Chapel during the time of Sunday services).

Wednesdays, 6:30 pm, Bible Study, Sagamihara Chapel.

JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or write to duncan.adams@us.army.mil.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

Tuesdays, 7 pm, Tuesday Night Youth Activity, 7 pm, Sagamihara Chapel.

If you would like to attend Sunday Services please call Richard Smith, 046-234-9490, or Brian Howard at 263-7419.

BUDDHIST SERVICES

(Soka Gakkai International - U.S.)

Mondays and Fridays, 7 pm, discussion, Sagamihara Chapel. Contact Mr. or Mrs. Fulford at 046-257-0613 or email: forris@forrisfulford.com.

SEVENTH DAY ADVENTIST SERVICES

Second Saturdays (Sabbath), 9:30 am, Sabbath School; 11 am, Divine Worship, Zama Chapel. Contact Mr. Tom Johnson at 263-3520 or tom.johnson3@us.army.mil for more information.

ONGOING BIBLE STUDIES

Sundays, 9:30 am, adult Sunday School Class, "The Book of Romans" at the Religious Education Center.

Tuesday, 6:30 pm, Bible Study, "The Book of Hebrews", SHA Quarters #551.

Thursdays, 9:30 am - 11:30 am, Protestant Women of the Chapel, Religious Education Center, childcare provided. POC: Mrs. Debra Hammer at DebCom98@aol.com.

The Garrison Religious Support Programs offer many other religious based opportunities for you and your Family: (Bible studies, youth groups, men's groups, women's groups, music ministries, etc). If you desire more information please call the Garrison Chaplain's Office at 263-4898. The Garrison Chaplain's Office only advertises those religious activities under its auspices.



Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

Army Community Services Branch

■ **Army Community Services** 263-4357
Mon - Wed 0730-1630
Thu 1300-1630
Fri 0730-1630
US Holidays Closed

ZAMA Golf Club

■ **DIRECTOR OF GOLF ADMINISTRATIVE OFFICE** 263-3694

263-4966
(All the following golf activities are open during lunch).

Course/Starter 263-4975
Mon-Fri 0700-1700
Weekends & US / Japanese Holidays 0600-1700

Restaurant 263-7665
Mon, Tue, Thu, Fri 0630-1900
Wed 0630-1900
Weekends & US / Japanese Holidays 0530-1900

Pro Shop 263-5284
Mon-Fri 0645-1700
Weekends & US / Japanese Holidays 0545-1700

Driving Range (Unattended)
Mon - Fri Sunrise-2200
Saturday Sunrise-1930
Sun 1600-2200

Chip Inn & Snack Stand 263-5834
Mon-Fri 0800-1600
Weekends & Hol. 0700-1500

Business Division

■ **ADMINISTRATIVE OFFICE** 263-7935

■ **BOWLING CENTER ZAMA** 263-4780
Mon-Wed, Sat-Sun 1100-2200
Thu & Fri 1100-2230
Holidays Closed

■ **BOWLING CENTER DEPOT** 268-4954/4606
Tue - Sat 1100-2000
Sun - Mon Closed

■ **ZAMA COMMUNITY CLUB**
■ **ADMINISTRATIVE OFFICE** 263-4133

Lunch
Tue-Fri 1045-1315
Sunday Brunch 1000-1330

Cashier 263-4547
Sun-Thu 1000-2300
Fri 1000-0230
Sat 1000-0200

Catering 263-4204
Tue, Thu & Fri 0930-1730
Wed (Appts Only)

Café Roberto
Sun, Tue & Wed 1100-2300
Thu 1100-2200
Fri & Sat 1100-2300
No food service after 2200 hours

Cornerstone Game Room (no bar)
Tue-Thu & Sun 1000-2300
Fri 1000-0300
Sat 1000-0230

Firelite Lounge
Sun-Tue & Wed Closed
Thu Closed
Fri 1800-0300
Sat 1900-0230

USA Dining Room
Tue, Thu & Sun 1700-2100
Wed Closed
Fri-Sat 1700-2200

■ **HOB NOB INN** 267-6097
Lounge & Game Room
Sun, Mon, Tue Closed
Wed 1630 - 2300

Thu 1630 - 2100
Fri 1630 - 0100
Sat 1900 - 0100

■ **SAGAMI LOUNGE** 268-4954
Take Out 268-4142

Lunch (Mon-Fri) 1100-1300
Dinner (Tue-Sat) 1700-2000

Lounge/Game Room
Tue-Thu 1100-2200
Fri 1100-2400
Sat 1630-2300
Open during lunch

Recreation Division

■ **CHIEF RECREATION OFFICE** 263-3479
■ **ADMINISTRATIVE OFFICE** 263-5614
■ **ARTS & CRAFTS CENTER** 263-4412

Mon-Tue Closed
Wed-Fri 1130-1930
Sat & Sun 1000-1800

■ **AUTOMOTIVE SKILLS CENTER** 263-3615
Mon-Tue Closed
Wed-Fri 1130-2000
Sat-Sun 0930-1800

■ **COMMUNITY ACTIVITY CENTER** 263-3939
Mon-Fri 0800-2100
Sat, Sun & Hol Closed
Open during lunch

■ **INTERNATIONAL TOURS** 263-5273
Mon-Fri 1000-1800
Open during lunch

■ **LIBRARY** 263-3517
Zama
Mon-Thu 1000-2030
Fri-Sun 1000-1800
Open during lunch
U.S. Holidays Closed

Sagamihara 267-6603
Tue-Thu 1000-1900
Fri-Sat 0900-1800
Sun, Mon & Hol Closed
Closed for lunch 1400-1500

■ **OUTDOOR RECREATION** 263-4671
US Holidays Closed
Vehicle/Equipment Rental & Leisure Travel Services

Mon-Fri 0900-1730
Sat-Sun 0800-1600
Open during lunch

Animal Boarding Kennels 263-5915
Mon-Fri 1000-1700
Sat-Sun 1000-1600
Closed for lunch 1230-1330

Hardy Barracks Lodging 229-3270
Kure Lodging 256-2580

■ **POOLS** 263-3348
YANO 263-5037

Mon-Fri 0600-1900
Sat-Sun, Holidays 1000-1800
SHA (Summer) 263-5656/267-6122
Wed - Sat 1030-1800
Sun 1200-1800
Mon, Tue Closed

DEPOT (Closed)
■ **SPORTS/FITNESS CENTER** 263-4664

Zama 263-3954
Mon-Fri 0530-2100
Sat-Sun, Holidays 1000-1800

Sagamihara 263-3954/267-6762
Mon-Sun Open 24 hrs

Depot 268-4729
Mon-Sun, Holidays 0930-1830

Support Services Division

■ **DIRECTOR** 263-4273
■ **ADMINISTRATIVE OFFICE**

Child, Youth & School Service Division

■ **CHILD, Y&SS COORDINATOR** 263-8086
(All the following CDC facilities are open during lunch.)

Parent Central Services 263-4125
263-4743

Mon-Wed 0800-1700
Thu 1000-1700
Fri 0800-1700

Family Child Care 263-4743
263-4125

Sagamihara CDC 267-6564
Mon-Fri 0530-1800

Zama CDC 263-4992
Mon-Fri 0530-1800

■ **YOUTH SERVICES** 263-4500
Zama Youth Center

Mon-Thu 1430-2000
Fri 1430-2200
Sat 1300-2200
Sun Closed

School Age Services (SHA) 267-6317
Mon-Fri 0630-1800

Youth Sports 263-5437
Mon-Sat 0900-1800
Open during lunch

School Liaison Office 263-3241

Zama Lodging

■ **ADMINISTRATIVE OFFICE** 263-3293
Reservation Desk 263-2775
Front Desk 263-3830
Open 24 hours/7 days a week

USAG-J Okinawa MWR

■ **MWR OFFICE** 644-5396
■ **ADMINISTRATIVE OFFICE** 644-4270

■ **ARMY COMMUNITY SERVICE**
Director 644-4110
Relocation Coordinator 644-4385

Mob-Dep/IVC 644-4116

Financial Readiness/AER 644-4378

Family Advocacy Program 644-5919

Victim Advocate/SARC 644-4908

AFTB/AFAP Program 644-4743

EFMP Program 644-4106

ACS FAX 644-5918

School Liaison Office 644-4703

■ **ARTS & CRAFT CENTER** 644-4303
Lobby 644-4706

■ **AUTOMOTIVE SKILLS CENTER** 644-5612

■ **CORAL COVE COMMUNITY CLUB**
Business Manager 644-4256
Lounge 644-4306

Cashier Cage 644-4426

■ **LIBRARY** 644-4468
Staff Room 644-5335

■ **MARKETING**
Commercial Sponsorship 644-4495
Graphic/Illustration 644-4665

■ **SPORTS / FITNESS**
Sports / Fitness 644-4334
Aquatics 644-4389

■ **OUTDOOR RECREATION**
Scuba Locker 644-4795
Retail Sales 644-4290

Equipment Issue 644-4263

Beach Rental Office 644-4659

Cabin Reservation 644-4659

011-81-611-744-4659

Kure Harbor Club

■ **MWR Office** 256-2580
256-2581

0800-1630
■ **Outdoor Recreation** 256-2575
0900/1700

■ **Dining Room**
Mon-Fri (Breakfast) 0700-0830
Mon-Fri (Lunch) 1130-1300

Tue-Sat (Dinner) 1630-2000

■ **Bar** Mon 1630-2000
Tue-Sat 1630-2200

■ **PX / CLASS 6**
Mon-Fri 0900-1730
Sat 1130-1530

Dates and times, programs and events are subject to change due to circumstances beyond our control. Please contact the facility before attending.

Z A M A



I T T

Spring Escapade Tours 2011

** Tours will be on sale in mid January*



Thank you!

Voted Best Travel Agent

2002, 2003, 2004
2005, 2006, 2007
2008, 2009 & 2010



Golden Triangle China
April 9-17



**Cambodia & Vietnam
World Heritage**
April 9-16



Highlights of India
April 10-16



Explore Beijing
April 9-13



Ho Chi Minh City & Beach
April 9-15



Cairns Adventure
April 8-13



Malaysia Cultural Experience
April 9-13



Hong Kong & Macau
April 9-13

**Select your "FUN TOUR"
for your ideal hassle free vacation !**

*Predesigned vacation plans with tours, airfare, hotel,
sightseeing and other miscellaneous fees included.*

CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION



• Military PHONE : 263-5273
263-4059

• E-Mail : travel@zamaitt.com

• Commercial PHONE : (046) 254-8896

• Commercial FAX : (046) 255-0356

• Website : <http://zamaitt.com>

• Website



7 FEB '11 (Mon) • Doors Open at 7 am – Kickoff at 8:15 am • Zama Community Club

SUPER BOWL PARTY

XLV

"ADULTS ONLY"

SPECIAL APPEARANCE BY THE "MIAMI DOLPHINS" CHEERLEADERS

IT'S ALL FREE including a fantastic breakfast buffet starting at 7 am and delicious mid-morning snacks courtesy of the Camp Zama Community Club.

"COME EARLY"!!! FOUR (4) DOOR PRIZES WILL BE GIVEN AWAY PRIOR TO KICKOFF.

Also, the first 200 people in line will receive an **OUTBACK STEAKHOUSE** appetizer coupon.

**** The entertaining **"MIAMI DOLPHINS CHEERLEADERS"** will dance prior to kickoff and also at halftime. **BRING YOUR CAMERA**----the cheerleaders will be autographing their pictures and will also be available for photos.

SPECIAL DRAWING FOR MILITARY PERSONNEL

** Two drawings will be held --- one for a "Queen" of the 2nd quarter, and one for a "King" of the 4th quarter. Each winner will sit with the cheerleaders as their "Special Guest" for the quarter and receive four(4) special prizes.

PLUS, WIN GREAT DOOR PRIZES: (YOU "MUST" BE PRESENT TO WIN)

- ** Two (2) digital cameras (courtesy of DyDo)
- ** Two (2) Blackberrys (courtesy of Research In Motion)
- ** Two (2) golf packages: golf bag, cap, towel, shoe bag and golf balls (courtesy of MIT, Inc.)
- ** Two (2) NFL merchandise packages (courtesy of Coors)
- ** Two (2) pairs of Tokyo Disney tickets (courtesy of the Walt Disney Company)
- ** 50" Panasonic Plasma Full HD television (courtesy of Powerade)
- ** 19" TV (courtesy of Budweiser)
- ** ¥5,000 food coupons (courtesy of Outback)

Each door prize winner will receive a 4-pack of Red Bull sports drink.

GRAND PRIZE DRAWING:

Two (2) roundtrip airline tickets to Hawaii (courtesy of United Airlines)
For additional information, please phone 263-5995



MWR COMMERCIAL SPONSORSHIP thanks our sponsors for supporting the Camp Zama community.



UNITED



The Budweiser and Coors Companies support responsible drinking.

Sponsorship does not imply endorsement by the U.S. Government.